

# Rainbow Labs One Bold Summer



RAINBOW LABS

**Our Mission** is to embolden Queer and Gender Nonconforming Youth to discover, curate, and experiment with the elements of a fulfilled life through community building and the lived experiences of mentors.

**Our Vision** is a world in which all Queer and Gender Nonconforming Youth see themselves as co-creators of an equitable, inclusive, and progressive society.

**Our Programming** began with One Bold Summer in 2021 and now we operate four programs - Accelerator Lab, Storytelling Lab, Youth Council, and Sports Lab.



The purpose of **One Bold Summer** was to improve the mental health of LGBTQ+ youth through the power of mentoring and healthy peer-to-peer relationships.



## Our Goals

- Build Positive Mentor/Mentee Relationships
- Build Positive Peer Relationships
- Provide An Environment For LGBTQ+ Youth That's Safe & Inclusive

## Methods Of Engagement

- (2) 90 minute virtual sessions per week for 9 weeks
- (3) In-person events - kickoff, mid-point, and celebration
- Trained mentors on trauma-informed care, youth development, and LGBTQ+ affirmation
- Created and implemented curriculum rooted in trauma informed care, youth development and LGBTQ+ affirmation
- Mentors provided one-on-one sessions and group informal/formal time
- Surveyed mentors and youth post-program



## Our Results

- 100% of youth strongly agreed our program provided a safe environment
- 100% of youth strongly agreed they had a positive relationship with their mentor
- 95 of youth agreed or strongly agreed they made new friends